

## Aerobics Class Schedule for Cactus Fitness Center Winter 2004

Morning Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m. - 8:55 a.m. Instructor / Dolores	Low Impact Class	Low Impact Class	Stretch Class	Low Impact Class	Fit Ball Class	
9:00 a.m. - 9:55 a.m. Instructor / Dolores	Step Aerobics Class	Basic Step Circuit	Total Body Conditioning	Step Aerobics Class		
10:30 a.m. - 11:15 a.m. Instructor . TBA					* Yoga for Kids 2-3 yrs	
10:30 a.m. - 12:00 p.m. Instructor / Ayers		Intermediate Hatha Yoga				
11:00 a.m. - 12:30 p.m. Instructor / Monica				Intermediate Hatha Yoga		
12:15 p.m. - 1:45 p.m. Instructor / Ayers		Beginning Hatha Yoga				
1:30 p.m. - 2:00 p.m. Instructor / Birch						H.E.R.O. Little Dragon Program
2:15 p.m. - 3:00 p.m. Instructor / Birch						H.E.R.O. Child Program
3:30 p.m. - 4:00 p.m. Instructor / Birch		H.E.R.O. Little Dragon Program				
3:30 p.m. - 4:15 p.m. Instructor / Adam			Story Stretchers			
4:00 p.m. - 4:45 p.m. Instructor / Felber	* Yoga for Kids 2-3 yrs					
4:15 p.m. - 5:00 p.m. Instructor / Adam		H.E.R.O. Child Class	Story Stretchers			
4:00 p.m. - 5:30 p.m. Instructor / Monica				Beginner Hatha Yoga		
5:30 p.m. - 6:30 p.m. Instructor / Debbie	Basic Step Circuit					
5:45 p.m. - 7:15 p.m. Instructor / Debbie		Low Impact and Tone		Step and Tone		Classes Begin week of 1/12/04
6:45 p.m. - 7:45 p.m. Instructor / O'Hara	Beginning Pilates					*Classes Begin week of 1/19/04
7:30 p.m. - 8:30 p.m. Instructor / Debbie		Cardio Kick Class		Cardio Kick Class		revised 1/8/04 jlms

**Sections in black denote courses that you must register through Leisure Education Office.**

**Please check the back of this sheet for fees and brief descriptions of all classes listed above.**